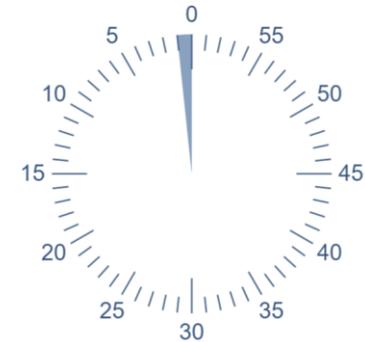


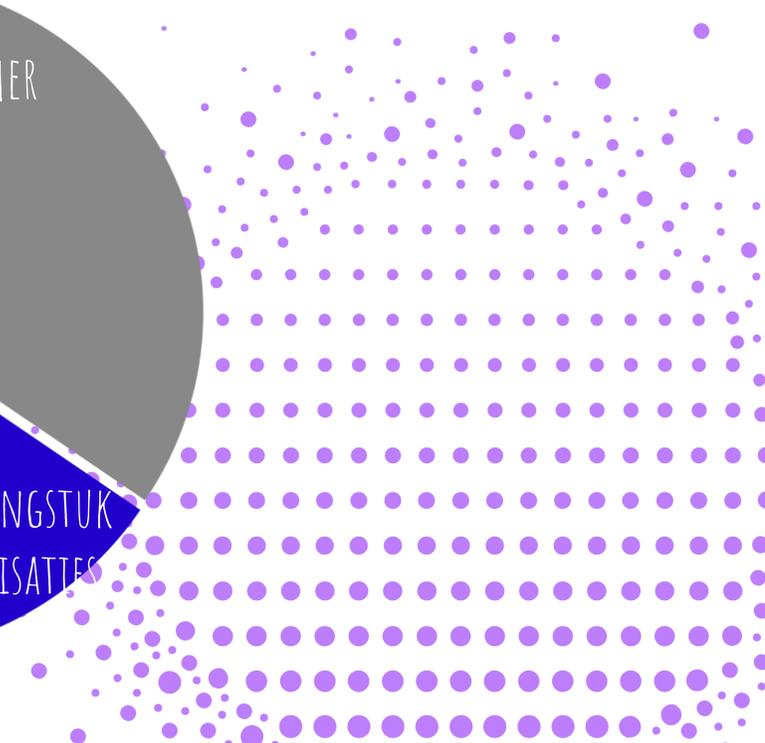
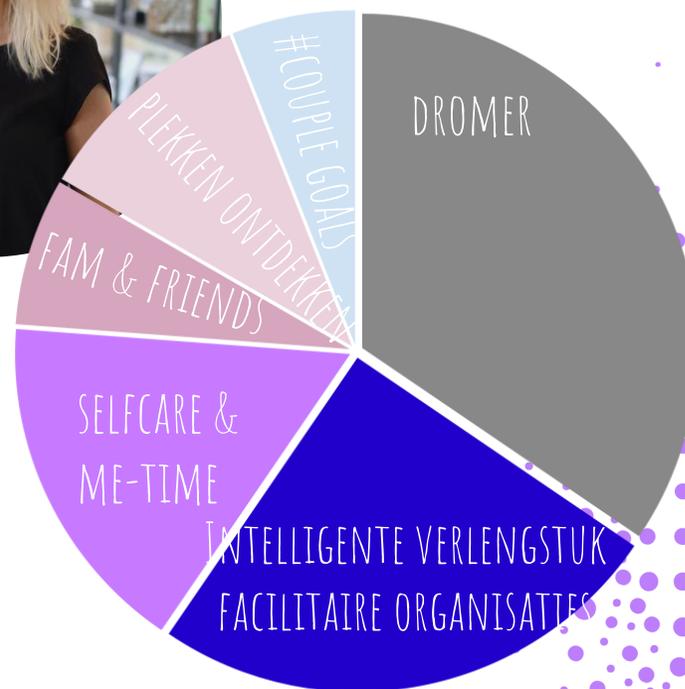
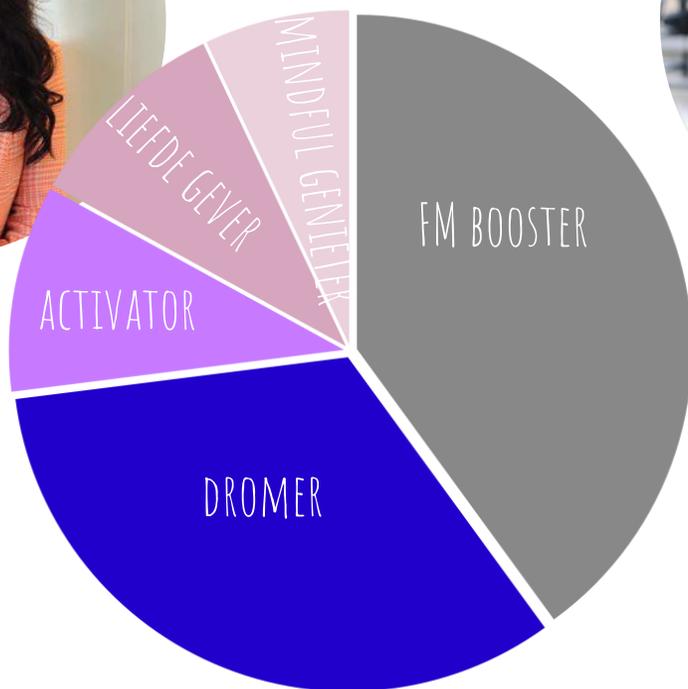


# **Maak kennis met jezelf.**

**Een stap dichterbij (meer) zelfinzicht en zelfkennis.**



# Nice to meet you!



**Maak kennis met jezelf!**



# Ontdek!

- ✓ **Vraag feedback**
- ✓ **Activeer zelfreflectie**
- ✓ **Doe aan mindfulness**
- ✓ **Treed uit je comfortzone**
- ✓ **...**



**Zelfkennis  
is het begin van  
alle wijsheid**



<https://animalme.myworldofwork.co.uk/>

<https://animalme.myworldofwork.co.uk/>

# Ontdek!



Find out all about... **YOU!**



Animal Me helps you discover what makes you tick and what you're good at. You'll learn about your personality. Plus – just for fun – you'll find out which animal is most like you. It's easy to answer and only takes five minutes.

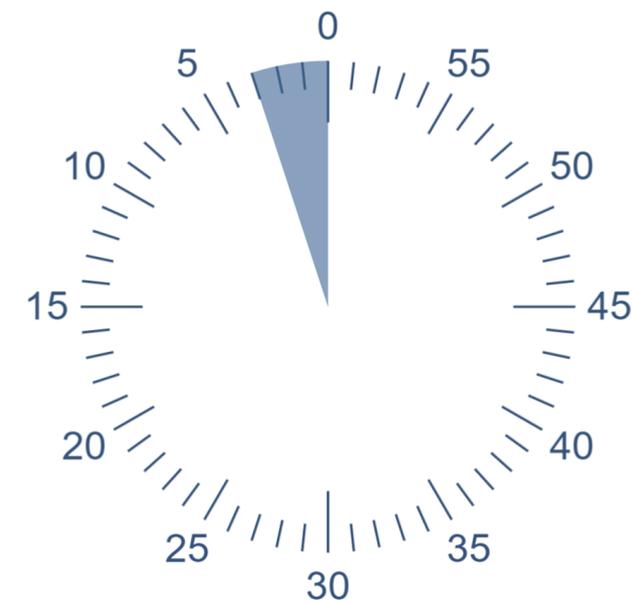
Get started!

**Question 1**

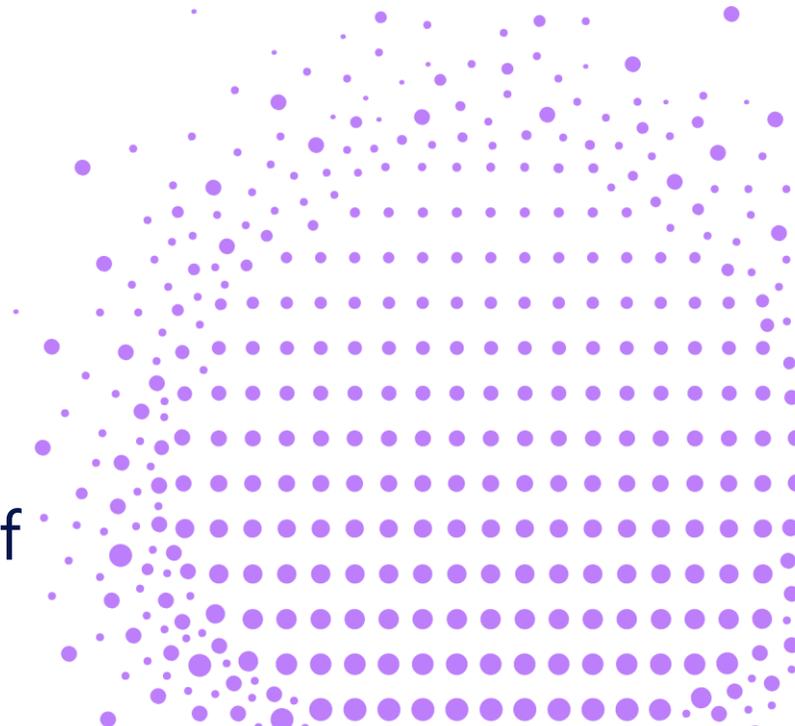
1 2 3 4

Look at the pairs of statements below. In each pair, click on the statement that's most like you.

I think out loud	Or	I think before I speak
I usually act quickly	Or	I usually act carefully
I'm a good talker	Or	I'm a good listener
I prefer to stand out	Or	I prefer to blend in
I tend to work best in groups	Or	I tend to work best alone



5 x 4 keuzes die het beste bij jou passen. Niet wie je wilt zijn, maar wie je bent of denkt te zijn!

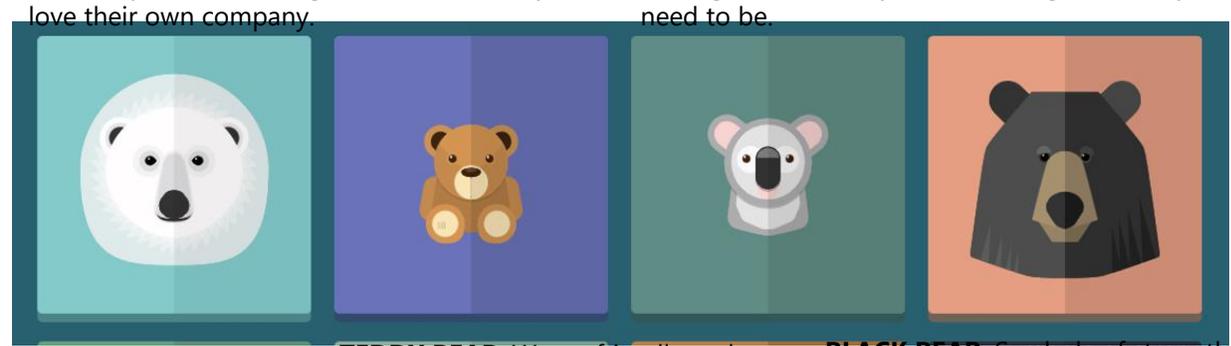


**TIGER.** Very rare. There are only five species left in the world. But they are strong and know how to take care of themselves. They're the largest cat and are confident explorers.

**LION.** Very sociable cats. They enjoy being with their families. They find having fun together is a good way to be close to their loved ones.

**POLAR BEAR.** Powerful and in control. They're at the top of their food chain and enjoy being the boss. They spend a lot of time perfecting their skills. But it's worth it because everything they learn they will use throughout their life. They love their own company.

**KOALA.** Very warm and well-liked. They enjoy the security and safety of their families. They are happy to care for those around them. Koalas may seem gentle, but they can be strong when they need to be.



**PANTHER.** Confident, fearless explorers. They enjoy testing their skills in the jungle. They would rather have action and variety than a quiet life. Panthers are fun to be with. But, they can sometimes bite (usually with a funny comment) if things get boring.

**CAT.** Very popular and friendly, even though they spend a lot of time on their own. In 1950, a four-month-old kitten climbed to the top of a mountain in the Alps. This might not be that surprising. After all, cats love exploring the outdoors. They are deeply independent.

**TEDDY BEAR.** Warm, friendly and very kind. They're often loyal, organised and chatty too. Teddy bears love to be around people. They enjoy making new friends.

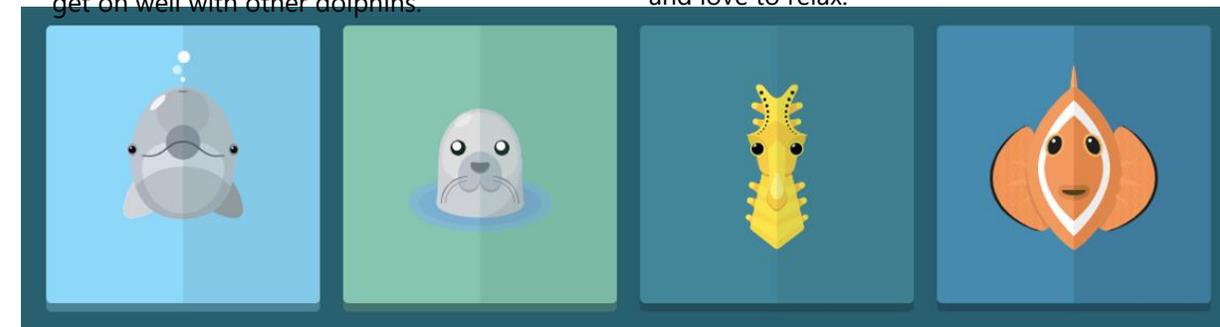
**BLACK BEAR.** Symbols of strength and power. They're usually completely in control. They take charge and form a plan to make sure that things get done.

**EAGLE.** Symbols of power, leadership and strength. They protect their families. They always do what's best for eagles they care about. They love soaring high in the sky. From there, they keep an eye on everyone below.

**FALKON.** The fastest animals in the world. They can fly up to about 190 kilometres (120 miles) per hour. They can be fast with words and actions too, moving quickly from idea to idea and from task to task. Falcons like to try out new experiences.

**DOLPHIN.** Possibly the most loved animal on the planet. They have wonderful natures. They are very clever. They enjoy having lots of things to do. They're thoughtful and get on well with other dolphins.

**SEAHORSE.** Deep, quiet and imaginative. They are very caring. They value their own and others' special qualities. They are peaceful and love to relax.



**BARN OWL.** Clever, strong and wise. They hunt quietly, looking for small animals. Barn owls have big ideas. They also pay attention to the small details. This helps them to solve problems and develop

**TAWNY.** Symbols of intelligence, strength and knowledge. They can see in the dark and are usually very quiet. If you do hear an owl hoot at night, it's likely to be a tawny owl. And, it's probably saying something very wise! Tawny owls are Britain's most common bird of prey but are still

**SEAL.** Cheerful animals, who love to have fun. They play games with their friends. They take care of each other. They help their friends through cold winters.

**CLOWNFISH.** Colourful, playful fish who love being around their friends and family. They live in warm, tropical waters. They like to hide inside sea anemones. A clownfish was also the star of the film Finding Nemo©. It's no wonder these fish are so popular!

# Nice to meet you 2.0

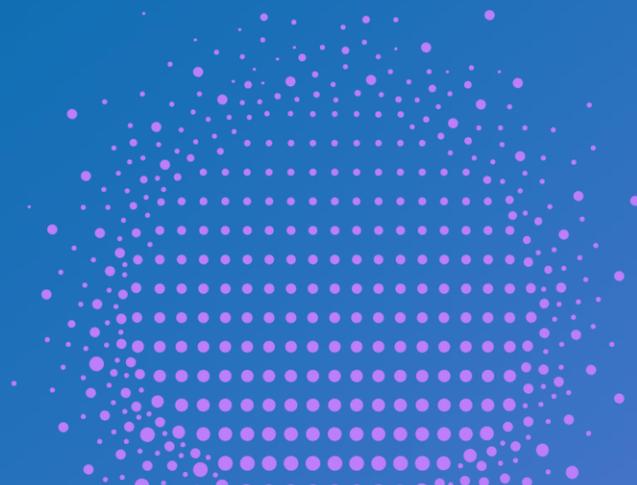




sheryl.limburg@heydayfm.nl  
06 55 33 42 38



felicia.koning@heydayfm.nl  
06 40 84 86 45



# Consultancy.

HEYDAY

Facility Matters | 14 april 2022